

# **The Universal Reiki Handbook**

**embrace the magic**

**by**

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*You are alive because a star was born and died many billions of years ago; it gave you life. The iron in the haemoglobin in your blood travelled trillions upon trillions of miles through space to play a vital role in sustaining your metabolism. The iron in your blood is over 15 billion years old. In fact, you are a reincarnation of that dead star at a higher level of evolution. The rocks, the earth, the animals—all the creatures of the earth plane—are made of that same stardust. But we're not just interconnected because we're made of the same material; we're also interconnected spiritually.*

*Wilde, Stuart. Silent Power*

## The Universal Reiki Handbook

It is my promise to you that within the pages of this handbook you will acquire all the knowledge necessary for you to become a *qualified* and skilful Reiki Energy Healer. All that is required of you is that after completing this handbook you strive to put into practice the knowledge presented herein. You do not need to subscribe to any website, group or guru. You will maintain total control, autonomy and freedom to practise according to your understanding, your reality, your desires and your own moral compass.

Reiki is a Japanese word which loosely translates to: Spirit Energy.

Reiki Healing Energy - the universal spiritual energy is your birthright – it's everyone's birthright. The universe and, by extension, your whole being is made up of uncountable and unfathomable energies. These are all your birthright. They are what makes us who or what we are.

Some examples of these vibrations or waves of energy that are all around us and can easily be perceived in nature, for example, the calming sound of surf. Most people find this sound which rides on a particular vibration very calming or relaxing. But when hot and cold air collide it can often cause the energies involved to create lightning and thunder which can have a very disturbing

effect on many people and particularly on animals. These are just some manifestations of natural, tangible but invisible energies.

When we talk our voice sends out a series of vibration waves that our ears receive and translate into a message. The same applies to music. There is music that will calm the mind, and music that will excite the mind. Our hearts beat to the rhythms of other waves of energy. Sometimes when a heart begins to fail doctors might insert a battery-operated pacemaker into the heart to maintain the flow of essential energy.

Not only do we create some energies through our conscious will, but we can also control some of them with our conscious minds. Other energies are controlled by our subconscious minds, for example, our breathing, the beating of our hearts or our digestive system. We don't even have to think about breathing; it just happens because of an energy at work behind the scenes.

Reiki energy can be controlled by our conscious minds and at times it even works at a subconscious level also. For example, when you injury yourself or have a pain somewhere on your body have you noticed how you sometimes automatically place your hand over the pain. This reflex action has its origins in the subconscious with an intent of easing the pain. Even when we are asleep our minds are still working at some level, for example, we have dreams over which we usually have no control.

Within the pages of this handbook I will also present to you several other important things - and they are: a reasonably clear historical account of Reiki's origins, its relevance to today's world, how to perform Reiki, what you might expect regarding its effects, possible cleansing phenomena related to raising your vibration and of those whom you perform Reiki on, and how to perform remote Reiki. I will also share with you what I've learnt and now understand regarding how some aspect of the invisible world work. I will also integrate a basic understanding and application of creativeness to compliment the Reiki practice as I believe a spirit of creativeness also compliments Reiki. We will also discuss how the universe, its creator and all that exists within it, including you and me, were at some time in the very distant past brought into existence through a mystical, incomprehensible and forever-ongoing creation process.

Reiki is just one facet of that vast mystery and yet we need not know the mechanisms that drives this process of creation nor the workings of the spirit energy. It's a bit like watching TV – most of us have no idea of what's inside our TV sets yet it still works in brilliant colour whenever we choose it to. We only need to know how to turn it on or, better still, to turn it off.

It's for this reason, and after 40 years of Reiki practice, mostly as a Reiki Master, that I try to avoid speaking or writing using absolute terminology. To

do so would mean that I somehow know very well the mind and aspirations of the Creator. I have no such inside knowledge. I only draw upon the knowledge, wisdom and experiences that I have gained during those 40 years of experience as well as that of those more knowledgeable and experienced than myself. I write mostly from the standpoint of experience.

I hope that this guidebook will assist you in your spiritual path or modality that you may be following.

What we are going to read herein is based upon my first hand Reiki or energy healing experiences combined with selected archetypal patterns which thread their way through many religions as well as wholesome contemporary and historical insights or philosophies. This information or these words are not my creations or the result of some kind of divine or spiritual revelations. You could say it's all in the public domain. It's just that they match closely with what I have personally experienced through my years of involvement with using and teaching Reiki in a variety of different countries, cultures and belief systems. In fact Reiki doesn't depend upon any belief system nor is it based upon any particular belief system. It's transcendent and it will transport you from a belief state to a state of knowing if you allow it to. There is a big difference between belief and knowing.

So now allow me to firstly present some personal background information regarding how I became involved with Reiki and my four decades of experience.

I first became involved with the wonderful Reiki Healing method in 1977 in Australia and in 1984 I finally became a Master Reiki Teacher after completing a four-month intensive live-in training program in Japan. During those exciting decades I also researched and participated in several of the various Reiki strands or schools endeavouring to discover the strand or method best suited for me. I'm surprised there are so many different schools. Whilst living in Japan I came across many of them.

After extensive studies, travels and thousands of hours sharing Reiki with hundreds of people, I eventually came to the realisation that mostly they are all wonderful. During those precious decades of discovery I couldn't help but notice most had either differing Japanese religious or cultural overtones, rituals, symbols, or methodologies; which is fine, but being the free-thinking individual that is the true me, I gradually stripped away much of those aforementioned "components" with the sincere wish to eliminate any third party ideology or cultural overtones hoping to get closer to the Light's source. After all, the Sun shines equally upon us all – doesn't it? - irrespective of status, level, gender, understanding, religion or nationality.

By going down this “uncluttered” path I feel that my relationship with the Light is more personal. It took me three decades of Reiki practice and much soul searching to come to this realisation. Awakening for me was a slow process.

Of course, my actions and intent are in no way intended to negate or take any credit away from Mr Mikao Usui, from Japan, who introduced his original Reiki understanding and technique to the wider community, or the activities of the many other wonderful Reiki teachers out there. I believe the Reiki movement is a work in progress and this makes it even more exciting.

What this simply means is that when I share Reiki there are no rituals, third party organisations, symbols, prayers, clergy, organisation or other accoutrements involved. I believe such things are for you to incorporate in your own personal way if desired. Remember, the Sun shines equally upon everyone – regardless, and the rain also doesn't distinguish between us.

*“The Universe is ready and waiting to enhance your development, for as you develop, so does the totality of the Force develop.” Stewart Wilde*

As I mentioned earlier, in 1984 I undertook an exclusive and intensive live-in four month Reiki training course high up in the snow shrouded Japan Alps along with around 100 other trainees. I was the only non-Japanese student. Here, we arose at five a.m. and immediately began our first physical training exercise of the day – clearing the large exercise ground of the overnight snow – in almost total darkness in temperatures of around minus 20 C.

Once the snow had been removed our Qi Gong-type exercises would commence as the sun slowly rose over the silent snow-capped mountains. Breakfast followed which, like all meals, consisted of mainly brown rice, a few vegetables and green tea.

Dormitory inspections followed, then formal theory classes. Around 11 a.m. Reiki practice would commence under the stern and watchful eyes of our baton-wielding trainer. No falling asleep, crooked backs or slouching permitted. “Where’s your respect” he would often bark out.

Needless to say, it was a challenging four months, but I survived – with a few bruises, a little lighter, stronger, fitter and grateful that I was now a Reiki Master and I am now able share my understandings, knowledge and Reiki with whomever wishes.

Due to various remarkable arrangements and brimming with enthusiasm and Reiki energy, I held Reiki training courses throughout Australia, New Zealand, Malaysia, Singapore, Philippines, New Guinea and Japan for several years. In

this greatly troubled world, I now feel an ever greater need to share my story, experiences and Reiki healing energy.

I am in my early 70s and my spiritual quest began around 50 years ago when I was in my early 20s. My first attempt to find happiness, self-fulfilment and a fragment of the Truth was to build a large sailing yacht in my back yard. It took me two years and I lived on board in Sydney harbour for almost another two years (in those days it was possible to live on boats on the harbour). My intention was to sail off into the wide, blue South Pacific Ocean never to be seen again. Eventually I came to realise escapism wasn't the answer I was seeking...but sailing up and down sections of the East Coast of Australia was fun – I must confess. I realised that if I wanted to make a positive and creative contribution to our troubled world: I should start by making myself a better person both physically, mentally and spiritually.

Shortly after selling my beautiful home/yacht I travelled to Japan whereupon I embarked on a spiritual quest lasting several months. Here I visited Buddhist and Taoist Temples and Shinto Shrines hoping to find what I was looking for. I was most impressed by these magnificent edifices but somehow I found that these human structures detracted from the true spirit of what I was looking for.

I also had the opportunity to spend three years working and travelling throughout China. During my non-working days I visited remote Buddhist temples in Yunnan Province high up in the Tibetan plateau. There I observed rituals, religious artefacts and magnificent works of art, some never before seen by westerners. Most recently I returned to China's Western Gobi Desert region bordering Mongolia visiting ancient Taoist temples, Royal burial pyramids and art museums which left me breathless. I was very surprised to discover the existence of such magnificent art museums so far out in this relatively remote desert region.

Being an art school graduate, I was intrigued how religious groups have always incorporated art into their stories and practices. I've studied Taoism, Confucianism, Islam, Buddhism, Hinduism and Catholicism. A common thread that I found amongst them was that they all started without any human-made structures – temples, shrines, churches or clergy. Originally they were all about relating personally with their understanding or interpretation of a universal force or intelligence.

Based upon my own convictions, studies and experiences I found that the practice with a clutter-free ideology is possible with the Reiki techniques, and that it matched perfectly with what I had been looking for – it's ever-evolving, it compliments my love of creativeness and it's free of dogma - you just do it.

*“I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the World.” Albert Einstein.*

So here I am in my early seventies – fit, healthy, no medications, no aches or pains spending my days travelling the world sharing Reiki, my art and my experiences wherever I happen to be.

I also write and strive to leave behind either my sculptures or paintings wherever I happen to be. My prize-winning sculptures can now be found in Kerala India, Vietnam, Outback Australia, Scotland and Poland, whilst my paintings have been purchased by art lovers in several other countries.

You can see some of my art works and my Reiki Facebook pages via the links below:

<https://www.facebook.com/ReikiEmbraceTheMagic>

<https://www.facebook.com/MinisterOfArts>

Let's examine a brief history of Reiki according to my research and frequent travels in Japan.

Reiki of today's world that most people are familiar with was started by Mirao Usui in 1922 after he completed a 21 day fast upon a Japanese mountain top. He was born in the Nagoya area and his ancestors were powerful samurai warriors. Mirao Usui was brought up as a child in the samurai tradition. As an adult he travelled extensively to several countries including the US where he claims to have received a doctorate in theology from the University of Chicago but several internet sites are claiming that no records of his attendance can be found.

Mirao Usui was once a member of the Oomoto-kyo religion which also practised a type of Reiki healing. Oomoto Kyo was founded many years earlier in 1892 by Mrs Nao Deguchi.

A Reiki group that I was involved with in my early days in Japan was called Johrei which was founded in 1926 by Mokichi Okada who was also once a member of the Oomoto-Kyo religion. Unaware at that time of the existence of these many earlier Reiki groups or religions, I joined the Johrei group. I was particularly attracted to this organisation because of their unique and creative organic gardening practices, and being an artist, I was amazed by their very own magnificent Art Museum. Mokichi Okada was also a very talented artist. I visited both their Art Museum and organic farms in Japan. So as we can see

that way back then there were already several competing Reiki organisations in Japan who, unfortunately, were claiming exclusivity to the Reiki practice. In total I regularly attended or joined three of these Japanese groups plus more recently I received a Level 3 Master Teacher Certificate from the Usui Shikiryoho International School of Reiki – my second Reiki Master Teacher graduation. But nowadays I am no longer a member of any Reiki group or school.

All this information is freely available on the internet and I suggest you take some time one day and do some research as Reiki is also a path of self-discovery where one doesn't just rely upon the words or thoughts of any one person.

To perhaps add further confusion, Oomoto-Kyo's Reiki practice or technique is thought to have its origins in Mongolia (Sky Shamans of Mongolia – Kevin Turner). Turner claims Deguchi (mentioned earlier) learnt the method of Reiki during regular visits to Mongolian shamanic ceremonies where it's known that they also performed Reiki dating back hundreds of years. Accompanying Deguchi on these pilgrimages to Mongolia was Morihei Ueshiba the founder of Japanese Aikido, who was also a member of Oomoto-Kyo.

So we can see the “true” origins of the Reiki “brand” or technique can be contested and perhaps we will never really know the truth; but in spite of these contested opinions of its true origins, Reiki energy, or Divine Light is an amazing gift endowed upon all humans irrespective of its questionable origins. I guess it's understandable that sometimes overly-ambitious religious people feel a need to claim exclusivity over it. This is nothing new as most religions today claim the absolute truth or the only true path to God or enlightenment. Most think they have a monopoly over what God is thinking or doing, and there are many recorded accounts of deadly leadership disputes some of which still occur to this very day.

In contrast to this, Reiki encourages people to transcend this outdated way of thinking and gradually build one's own personal relationship with God or the cosmos or whatever you choose to call this mysterious power. Having a personal relationship with this energy cuts out the middlemen, religions, cults and clergy. It's just between you and God. Of course you will want to draw upon the experiences of others and their wholesome guidance where appropriate, but in the end, you will have to draw upon your own moral compass to help you decide which is the path, or paths, that you are going to tread.

All the great prophets of the past, Jesus, Buddha, Lao Tzu, Confucius and others never established religions or built edifices to their presence or their teachings: it was their followers decades later that did these things. This energy



provides an opportunity to wind back the clock thousands of years to the time of their original messages or guidance.

*“There's a profound difference between following a religion and living from the soul. Those who rely on church leaders, ancient texts, and other authorities for guidance in life do not realize the depth and dependability of their own inner resources. Instead of consulting their soul's moral compass, they cling to rules and regulations passed down through the ages, which are always incomplete and imperfect.” The 7 Spiritual Principles of Ralph Waldo Emerson.*

This energy, nowadays popularly known as Reiki energy, has always existed as a birthright and now we have an opportunity to reclaim this birthright. There's no need for Reiki churches, dogma, clergy, gurus and the like other than those with experience, confidence and a willingness to explain and demonstrate some basic facts relating to it. This is the reason why I am sharing my experiences with you in this handbook.

*“There was an estate nearby that belonged to Publius, the chief official of the island. He welcomed us to his home and showed us generous hospitality for three days. His father was sick in bed, suffering from fever and dysentery. Paul went to see him and after prayer placed his hands on his head and healed him. When this had happened the rest of the sick on the island came and were healed. ACTS 28: 7 – 9.*

This 2,000 years old Biblical text is suggesting that Paul, a disciple of Jesus, was using energy healing or Reiki. If you look into the Bible you will find many such examples of Jesus healing the sick.

So my years of Reiki experience has lead me to know that there is nothing complicated, new or exclusive about Reiki. How exciting it is that now we are free to map out our own path based upon our understanding and the experiences that we have the opportunity to accumulate as we practise Reiki on our friends and ourselves. I will guide you just part of the way.

*“You must enter the forest at its darkest point, where there is no path. Where there's a path, it is someone else's path. Each human being is a unique phenomenon. The idea is to find your own pathway to bliss.” Joseph Campbell – Pathways To Bliss, 2004.*

*“Scientists cherished visions of tiny cells and vast galaxies, and invented microscopes and telescopes to reveal them. Prophets cherished visions of a divine power permeating the universe, and entered into harmony with it.” As a Man Thinketh, The Wisdom of James Allen - 1903.*

Reiki is a simple form of energy healing. It's a gentle, powerful hands-on

energy technique that anyone can learn. It can also help open up our latent intuition. If you're already intuitive and empathetic, you may become more so as you gain more experience.

Considering the current state of the world and the trajectory that lays ahead of us the world needs all the healers it can get.

*“Composer, sculptor, painter, poet, prophet, sage – these are the architects of our ideals, the architects of heaven. The world is a better place because they lived.” James Allen – As A Man Thinketh.*

My approach to teaching Reiki is mostly experience based. I also understand that many Reiki teachers teach from different angles so my hope is that you will also benefit something from my approach. I openly encourage learning from others and I sincerely honour any previous teachers that you may have had, and hope you will learn something from me also, and I thank you for making me part of your Reiki journey.

Even though Reiki is a simple practice it's also a powerful spiritual-growth practice or path, and even more so if you combine it with an attitude of creativeness – creating a new reality or world; which I will discuss in more detail shortly. You can also combine it with other natural health modalities if you wish with the understanding that all choices are ultimately yours to make.

It has opened many beautiful doors to a much larger world for me, and for many people this may be their first time to truly experience spiritual healing energy. Reiki is transmitted through our hands which are placed either on the body or held about 10 centimetres (four inches) from the body. The next step is to then direct the energy to a particular body region or a body chakra as you wish. We will briefly study more about the chakras shortly.

Your hands may even feel warm or hot sometimes when you commence radiating the healing energy. It's not uncommon for people to actually feel the energy flowing through them, and this feeling is most commonly felt as warmth or tingling, demonstrating that something spiritual or other-worldly is occurring. Such experiences naturally encourage most people to begin to wonder or ponder about the possibility of an invisible world – the world of spirit and more, particularly when they begin to notice positive improvements in their health or circumstances.

Reiki energy effects the physical, emotional, and spiritual levels and since it's so accessible, unlimited and simple to perform it's a excellent gateway for anyone exploring or wanting to become an energy healer. You'll also receive healing as your practise. My experience has shown me that by also incorporating creative practices into the mix it enhances the experience.

Particularly nowadays, Reiki energy healing and other similar spiritual practices are becoming very popular because more and more people are seeking more soulful, fulfilling and creative lives in such a chaotic world.

*“If we citizens do not support our artists, then we sacrifice our imaginations on the altar of crude reality and end up believing in nothing and having worthless dreams.” Yaun Martel – Life of Pi.*

This gentle art form which utilises the limitless, creative Universal Life Force Energy of the cosmos to help heal the body, mind and spirit is about learning the art of flowing the energy through our body and directing it to another person. In the process it also helps reduce stress, promotes relaxation, and is available to everyone, and it's so easy to learn.

*“The fish in the water that is thirsty needs serious professional counselling.” Kabir – Indian poet – 500 years ago.*

Reiki assists any pent-up negative energy that has no place to go to be released. This stuck negative energy can build up in our psyche and cause serious problems. It can also disturb our heart's energy flow and can even cause us to shut down and become less vibrant. This is what it means to get stressed-out, totally burned-out or depressed.

I have witnessed occasions where people have had such an emotional release while receiving Reiki from me, for example, crying, laughing or even feeling angry. But don't be afraid; this is a good sign that the person's blocked or pent-up negative energy is finally being released.

We all have an aura which basically consists of layers of energy that envelopes our body. Our aura changes regularly depending on our emotions, mental activity, and our physical health. It's a bit like a barometer measuring our overall state of health. Our aura is made up of differing components which include our own life-force energy, or what some spiritual traditions refer to as chi (or ki) or prana. This is the pure energy component of us.

Our auras follow the basic contours of our physical bodies. It's a bit like an energy boundary or shield protecting us from the physical world. It can vary its thickness, for example, it grows thicker when we're experiencing strong emotions. It can also interact with other people's auras as well as with the energy fields of plants, animals and minerals. Some people are very sensitive to this phenomena, while others feel it on a more subconscious level. When we are in the presence of someone with a strong aura we may feel it either negatively or positively. So having a strong healthy aura is something we should all strive to achieve. Therefore as Reiki practitioners it's important that

we nurture our own energy systems also, as our aura is like our first line of defence against unwanted psychic, emotional and other energies trying to enter our systems.

To help nurture our auras we should try and maintain positive thoughts as much as possible. We can also do various other wholesome practices such as meditating, yoga, being in nature, listening to calming music as well as giving and receiving Reiki healing energy regularly. Cultivating our imaginations is also a great way to expand our auras because as we expand our imaginations so too does our aura expand. Here creative pursuits play a great role as their have their origins in the invisible world or the world of spirit, firstly beginning as ideas or perhaps as images. These then are somehow invited into our physical world via our aura.

Our body then materialises the ideas or images into physical form as something we have created, for example, music, works of art, literature, a beautiful life and family and more. If the imagination is atrophied, then the aura is dull which results in a dull and dreary life. A dull aura can also result in various forms of sickness or disease.

*“Art washes away from the soul the dust of everyday life.” Pablo Picasso*

Our daily habits and thoughts either nurture or inhibit our auras, which in turn have a great effect on our mental and physical health.

Chakra is a Sanskrit word that means “wheel,” but chakras are so much more than spinning wheels of energy. A goal of Reiki is also to balance the chakras, as often our chakras become blocked when we have unresolved trauma or unprocessed emotions lodged in them. So we will learn how to cleanse chakras using Reiki.

Basically, humans consist of three main components which are; the physical body, the astral body and the spiritual body. The astral body is thought to consist of our auras, our consciousness or mental capacity and thoughts.

Our spiritual body can be thought of as our soul or perhaps our subconscious. It's via our soul that we are connected to the divine cosmic vibrations or God, and the condition of our souls determines the divine cosmic vibrations that we are attuned to.

A high level soul connects with high level divine vibrations whilst a low level soul connects with lower level cosmic vibrations. So it makes sense that if we are on a spiritual path or looking for more meaning or fulfilment in life we should strive to elevate our spiritual level or vibrations; keeping in mind that ultimately the level of our spiritual vibration has a direct bearing upon our

physical and environmental situation. When two people meet, an etheric process occurs. An invisible chord or vibration oscillates in the empty space between them and the energy of each of them mingles momentarily with the other, exchanging uncountable pieces of information in a split second.

Since Reiki is a divine high level energy or vibration it effects all three components that make us humans in a positive uplifting way.

*“We’re earth’s children, and, since the earth itself came out of space, is it any wonder that the laws of space live in us? There’s a wonderful accord between the interior and exterior worlds.” Joseph Campbell*

This also means that anything that does not resonate with this new frequency is going to want to leave our system. You may expect various cold-like symptoms, or other body cleansing phenomena as the body tries to rid itself of toxins. This is good news, and normal.

I suggest you should try and give as much Reiki as you can in the days and weeks after you have finished reading this handbook. Frequent practice makes your Reiki stronger, and it also familiarises you with how Reiki feels in your own physical and energy bodies.

It blends easily with other modalities so if you're already a body worker, your clients may experience greater results by adding Reiki to whatever you are doing. I once took a friend to a hospital in India for medical treatment and he was asked, amongst things, would he like to receive Reiki as part of his treatment. Reiki is very popular in India as it fits very comfortably with the various religious beliefs there.

If you have a client who has a mental health issue he/she should also continue treatment with their regular therapist and I suggest that you should start with giving them short sessions of Reiki until you both feel confident to continue with longer sessions. This same principal applies to anyone with severe medical problems: they should receive Reiki in conjunction with their medical practitioner’s advice.

Now let's add a little science to our Reiki education.

Let’s stretch our minds a little and study how remote or distant Reiki works.

I first became intrigued by some of the everyday energies at a very early age. As a young boy growing up in a remote region of Queensland Australia it was necessary that I rode my bicycle everywhere, as at that time we didn't own a car. Attached to my bicycle was a dynamo; a small object that rubbed against the front tyre causing the dynamo's inner core to rotate as I rode my bicycle

and in so doing it provided electricity to my bicycle's lights. I was one of those annoying, curious kids always wanting to know...why? How?

One day I decided to investigate the inner workings of this simple everyday device. To my surprise I found that its innards consisted, disappointingly, of just a small magnetic metal shaft that rotated inside a copper coil, and furthermore that these two simple components weren't even touching each other. How is this possible – to create out of thin air such energy?

Upon consulting one of the many volumes of our family's Encyclopedia Britannica, (the Google of that era), I learnt that in 1831 Michael Faraday invented the first means of capturing this invisible force or energy from the ether or cosmos, and that this energy is unlimited and that he thought one day perhaps it could be of some benefit to mankind.

His simple apparatus consisted of a copper disk that rotated by hand (remember, no electricity at that time) inside a horseshoe-shaped metal magnet. The world was astonished. Such a simple apparatus will even work in space – even in a distant galaxy far, far away and never exhaust the invisible energy supply.

Around that same insatiable curiosity period in my life it was fashionable for some of us youngsters to amuse ourselves by building small crystal radio sets. Where I lived we only had one radio station and no TV, although we had just had our first telephone installed.

We would buy simple, easy-to-follow instructions and the few necessary components to make our crystal radio sets from a local radio repair shop. These components consisted mostly of a small crystal and several metres of copper wire. We would carefully coil the copper wire around a cardboard tube from the inside of a roll of toilet paper. One end of the copper coil was attached to a long copper wire antennae and the other end of the coil was attached to the crystal. I learnt that the very weak radio waves broadcast from all over the world, which constantly pass unnoticed through everything including myself, would excite the atoms of the copper coil and antennae. This excited or scrambled energy then flowed through the crystal whereupon it was unscrambled and then sent to an attached earpiece - then magic would occur.

Not only could we listen to our one and only local radio station but we were able to clearly tune into several radio stations – some from foreign countries. We tuned our crystal radios (changed frequency) by increasing or decreasing the number of turns of copper wire on the cardboard tube. The Voice of America, the BBC and Radio Luxembourg are just a few that I can still remember. What also amazed me was that there was no power supply, batteries or moving parts whatsoever. It worked simply by the coil's ability to convert

and magnify a weak vibration transmitted from the other side of the world and have it passed through a naturally occurring crystal. Another bonus was that I could listen to the radio stations whilst lying in bed rather than sitting in the lounge room in front of our large and immovable valve radio set. How is this possible?

*“The dreamers are the redeemers of the world. Humanity is blessed in good times, and sustained through hard times by the visions of its dreamers.” James Allen – As A Man Thinketh.*

It's taken for granted nowadays that our very existence depends upon a multitude of these unseen energy vibrations to activate our mobile phones, the internet, to navigate, to record our wealth or lack of, and so much more. These various types of energies, plus the as yet un-discovered ones, all ride on different vibrations throughout the cosmos and at different speeds. It doesn't matter where we are in the cosmos; we are immersed in them. We are all connected.

Quantum Scientists have now discovered that some of these energy vibrations or waves travel faster than the speed of light – once thought to be the limit for any speeding particle or vibration. Light can circumnavigate our planet three times within a second. They are also postulating that some of these vibrations can even travel instantaneously across the cosmos.

Our bodies are made up of cells, which are made up of molecules and which, in turn, are made up of sub-atomic particles. Quantum scientists have discovered that sub-atomic particles do not follow the Newtonian Laws of physics since they are both a particle and a vibration wave able to cross over from an invisible vibration to a particle upon some unknown-as-yet command. This also means everything around us including ourselves are vibrations or waves all vibrating at different frequencies and that these frequencies can be altered. Recent experiments have demonstrated that some of these particles can be in two distant places at the same time giving rise to the possibility of a multi-dimensional universe or at least a three dimensional universe. We are part of this universe and are subject to these mysterious universal laws.

These vibrating sub-atomic particles or waves, which are our invisible building blocks, are packed with intent, signals, potential and possibilities all the while under the command of a mysterious guiding force. This also means that these are inherent qualities that make us human. It's our birthright.

*“Science has shown us how an underlying energy field forms into atoms, which then bind together into molecules, and ultimately manifest into the entire physical universe. The same is true inside of us. All that goes on inside also has its foundation in an underlying energy field. It is the movements in this field*

*that create our mental and emotional patterns as well as our inner drives, urges, and instinctual reactions.” Singer, Michael A - The Untethered Soul – Motivational speaker and New York Times bestselling author.*

Based upon my Reiki experiences over the past 40 years and my research into the evolving science of Quantum Mechanics; I now believe Reiki energy is a method which allows us to tap into those signals, potential, possibilities and that mysterious guiding force to help us raise or change our vibrations and that any such elevation opens doors to whole new worlds.

*“It seems as though we must use sometimes the one theory and sometimes the other, while at times we may use either. We are faced with a new kind of difficulty. We have two contradictory pictures of reality; separately neither of them fully explains the phenomena of light, but together they do.” Albert Einstein.*

*“Space and time are not conditions in which we live; they are merely modes in which we think.” Albert Einstein.*

Remote Reiki Energy rides upon invisible waves transcending time and space carrying the intent of the giver as well as potential and possibilities to elevate the vibration of both giver and receiver. It just hasn't been acknowledged or accepted by the wider community...Reminds me a little of how Faraday must have thought in 1831 when he discovered the means to generate electricity without fully realising or understanding its potential.

So how do we perform remote or distant Reiki?

There are several ways of doing this and if you're already a Reiki practitioner you may already be familiar with some of them. Keeping in mind that I prefer not to talk in absolute terms when it comes to sacred matters about which I suspect I know very little; I will simply explain how I usually prefer to do it.

Firstly you need a willing subject. I prefer to only give Reiki to someone who has asked me. I then ask them to contact me privately via social media whereupon I ask what I can do for them Reiki-wise. I encourage or invite them to tell me as much or as little about themselves as they wish. We then agree on a time, keeping in mind that there are possibly time zone differences involved. I then ask to be sent a photo of themselves privately via social media.

At the appointed time I ask the recipient to relax comfortably where they won't be disturbed and to try and tune into what I am doing at my end – which is holding my hands approximately 10 centimetres from their photo on my computer screen and bathing the person with Reiki energy. During this time I might also concentrate on various places on their body which they may have



indicated to me previously are causing them concern. This could also include their chakras.

As you become more experienced with Reiki you should find that your intuition is increasing and you will be able to draw upon your heightened intuition to the advantage of others by directing the energy to where it's most beneficial. Again let me remind you not to become dogmatic when performing Reiki as dogma is a human construct and not necessarily in tune with finding a solution for someone's problem. Dogma and creativity do not make for good bedfellows.

I usually perform remote Reiki on someone for around 30-40 minutes after which I again contact the recipient for any feedback or insight into how they are doing. You can even ask if they might like another session in a day or so.

If you would like to receive a session or more of distant or remote Reiki energy healing from me you are welcome to contact me via my dedicated Reiki Facebook page listed earlier in this handbook.

*Composer, sculptor, painter, poet, prophet, sage—these are the artists of our ideals, the architects of heaven. The world is a better place because they lived.*  
- The Wisdom of James Allen

As I mentioned earlier I studied and practised Reiki energy healing in four different groups, three of which were in Japan, and successfully completed two separate Master or Teacher courses. I do realise this may seem a little extreme or over the top and it probably was, but I was young, vital, full of energy and keen to know and experience everything that I possibly could about this mysterious power. I also loved the oriental way of living including their art.

All these groups had varying levels of attainment or achievement – mostly three different levels. What I found was that there were often great differences between the various groups and their levels mostly concerning the differing and varying amounts of information that we had to learn. Information regarding lineages of their founders, where to direct the energy for certain illnesses or diseases, possible or probable karmic reasons for certain afflictions, accidents or difficult life situations, differing descriptions of the various levels of the world of spirit and the differing types of spirits were just some of the topics that I studied. Some of these beliefs were delivered in absolute terms as being indisputable yet often conflicted with the beliefs of other groups.

The one component that remained faithful and constant throughout the differing groups was the Light or Energy. It simply worked irrespective of one's level of attainment, status, understanding, experience or group. This was a

wonderful revelation for me as it demonstrated that this energy was not only my birthright - it's everyone's birthright.

I took what I wanted from each group and as time passed I gradually faded from their sights and re-emerged into my own reality full of gratitude for what they had taught me. Finally I had found my place as a confident and experienced energy healer and I am delighted to share my journey with you via the pages of this modest handbook.

*The mysterious world of the etheric is one of the last unconquered frontiers. It's where everything is explained: hands-on healing, subliminal energy, charisma, power, telepathy, extrasensory perception, and perhaps, even the mystery of life and death itself. Wilde, Stuart. Silent Power*

So working with the awareness that Reiki healing energy is your birthright let me share with you how I usually perform Reiki.

Again let me remind you that there are differing ways of doing this and you may be familiar with some of them, which is fine, but I will explain my way from the standpoint that you are just beginning on your energy healing journey.

A face to face session of Reiki usually takes me around 30-60 minutes depending on time factors, intuition and the recipient's wishes. You can perform a session with either the recipient sitting, lying down on a bed or on a soft mat on the floor or on a massage table. A pleasant calm environment is best. Some practitioners like to use various symbols to assist them tuning in to the process of energy healing. I will often use relaxing music or light a candle. I will also sometimes place a large crystal nearby and within eyesight. Some prefer to use the symbols that they have learned from other Reiki schools.

Ask the recipient where he/she would like to have much of the energy directed to. Most people have one or more ailments or painful areas. If they have none I will spend most of the time radiating the energy to their chakras then rely on my intuition to uncover potential or hidden problems.

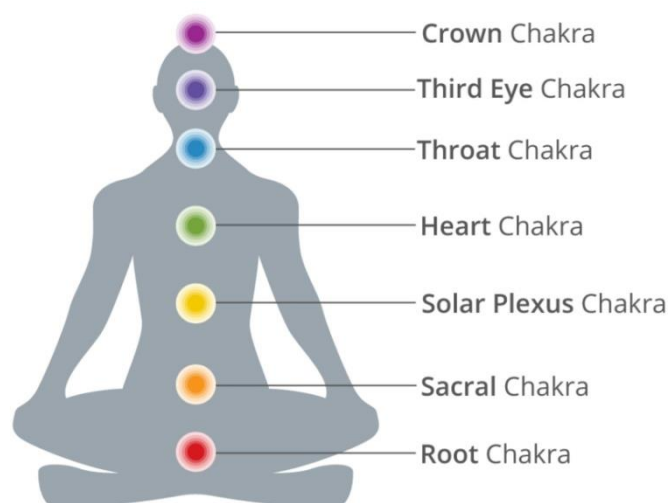
You can radiate the energy through both hands at once or through just one. You can place your hands on their body directly, if they are agreeable, or you can hold your hands about 10 centimetres from their body. I do a bit of both but prefer the hands-off approach. If you are placing your hands on someone's body be polite and use common sense. For the purpose of this training session we will be using the hands-off approach.

Chakras are the unseen centres of power within the body beginning at the top of our head and moving downward through the centre of our body to our groin. When these chakras are not balanced or when we have a build-up of negative

energy within these chakras, we will manifest these negative energies in your physical reality. Our goal should be to keep everything in alignment and in balance. For many of us our third the eye chakra is blocked by the illusions of the physical world. It deals with true insight and awareness of self. Fear through imagination can become real if this chakra is not in balance. Headaches, chronic tiredness, anxiety and depression are symptoms of a blocked third eye chakra.

Our chakras are energy centres that regulate the free flow of necessary energy throughout the body. At times this free flow of energy gets blocked or restricted due to various factors and can result in all kinds of afflictions both emotional and physical. For this reason we will learn how to radiate the energy to these centres.

We will now work our way through the seven main body chakras starting at the top of the head – the crown chakra.



When you are both ready you will raise your hands about 10 centimetres from the top of the recipients head and with your mind direct the energy to the Crown Chakra as shown on the above diagram. Use one or both hands and do this for around five minutes.

Be confident that this energy is your birthright and that you are far more than just your physical body. You are a mass of vibrating energy and you can call upon this healing cosmic energy to be channelled through you to the person in front of you. Do not think too hard or strain yourself. The energy just flows to where you direct it. Try to keep the ego in check as this is not you so much doing the healing; you are just allowing yourself to be a channel; remember this is everyone's birthright. Others just don't know it yet. Be confident in this spiritual practice. We have only to open ourselves up to the Great Creator

working through us. We then become channels for this healing spiritual energy to enter the world. Relax. Relax.

Next we will attend to the Third Eye Chakra located just behind the forehead. This chakra is also believed by some to be the seat of the soul and for this reason should be treated with great respect. I never do hands-on Reiki to this chakra nor do I hold my hand/s immediately in front of the forehead. Instead I ask the recipient to keep eyes open and I place my hands ten centimetres from both sides of the temple area. Do this for five minutes.

The Throat Chakra is next. You can attend to this chakra in two hands-off ways; if the recipient is sitting hold one hand ten centimetres at the back of the neck and the other ten centimetres from the throat in the front. If the recipient is laying down radiate the energy to the front of the throat.

Heart Chakra: if the recipient is seated radiate the energy to the heart area with one hand at the back and the other in front in the hands-off position. If the recipient is laying down radiate energy to the front then consider radiating to the back by asking the recipient to turn over – using the hands-off position.

Solar Plexus Chakra: this chakra is located just below the rib cage. Radiate the energy using both hands similar to the above methods for the Heart Chakra.

Sacral Chakra; this chakra is located just below the navel and can be attended to in a similar way to the above Solar Plexus Chakra.

Root Chakra; this chakra is located behind the pubic bone. I radiate energy to this chakra from the back either with the recipient seated or laying on his/her stomach.

You can also radiate energy to two different chakras or other places at the same time using both hands. For example you could radiate to the throat chakra with one hand and the heart chakra with the other.

As you gain more confidence and experience and become more familiar with a recipient you will find yourself radiating energy to places on the body with fever or cold areas plus other areas. I often radiate energy to the area at the back of the kidneys, the shoulder areas and back of the neck. Open yourself and allow your intuition to have a say.

To self-treat with Reiki follow the above information as you wish and as often as you want.

Don't be surprised if you feel heat or tingling in your hands as you radiate energy particularly in the early days.

Don't be too rigid in the way you hold a Reiki session. Keep it simple. The longer that I've been involved with energy healing the more I've come to realise that my expectations or the results that I would have wished for are not always what the Divine source of the energy had in mind. Try not to get too attached to results as there are also other unseen and unknowable factors at play such as karma, attitudes, life-style practices and more. But as you progress along this pathway and you begin to experience the energy you will find a desire to become more at one with its Divine source; this in turn will lead to a more harmonious life with its accompanying health benefits.

*“For where two or three gather in my name, there am I with them.”* Matthew 18; 20

We often use the term Our Creator because it's synonymous with creating – a never ending process of creating. Wouldn't it make sense that if we were following a spiritual path striving to become closer to Our Creator - the ultimate Creator, that we too should undertake certain spiritual exercises to achieve alignment with the creative energy of the universe. Some people even tend to think, or at least fear, that creative dreams are egotistical, something that God wouldn't approve of for us. To think this is a mistake.

Reiki is also a way to forge a creative alliance with the Greatest Creator. If we can accept this premise then I believe it can greatly enhance and expand our creative possibilities thereby opening up more pathways and opportunities in creating a better world.

Creativity is the natural order of life. It's a Life energy: a pure creative energy underlying and infusing all life forms including ourselves. When we allow ourselves to open up to our creativity we open ourselves to the Creator's creativity within us. We are all creations. And we, in turn, meant to continue the creativity by being creative ourselves. This is the natural order of things and how a better world will manifest.

Creativity is God's gift to us and the deliberate refusal to be creative is counter to our true nature. When we open ourselves to exploring our creativity, we open ourselves to God, and as we open our creative channels various powerful changes begin to occur.

I believe that our creative dreams and yearnings come from a divine source and as we move toward our dreams, we move toward our divinity.

*“The purpose of spiritual evolution is to remove the blockages that cause your fear. The alternative is to protect your blockages so that you don't have to feel fear. To do this, however, you will have to try to control everything in order to*

*avoid your inner issues. It's hard to understand how we decided that avoiding our inner issues is an intelligent thing to do, but everybody's doing it."* Singer, Michael A - *The Untethered Soul*

I was first introduced to the creative arts and way of thinking about 50 years ago whilst an art student near Liverpool, UK. Wow, what a time to be alive back then, the Beatles and the Rolling Stones and others were in town. My best friend at art school became the Beatles photographer shortly after he graduated and he would tell me all their exciting and latest news. What magnificent and creative souls the Beatles were. My best friend accompanied them to India where they continued their spiritual and musical journey by learning meditation and learning to play traditional Indian musical instruments. As a result, many of their new songs had powerful spiritual messages embedded in them which had a very positive influence on so many people – and still does to this day.

Creative pursuits are powerful mediums to expand or ignite the imagination as they challenges us to think outside the box, and in today's world where imagination plays an ever-diminishing role we need to stretch our minds greatly – and urgently. I've been very fortunate as I've been deeply involved with artists in several countries working in different mediums, such as song writing, organic gardening, poetry, dance, writing, painting and sculpting.

I recently spent a month at an international artist retreat high up in the Cardamon Hills of Kerala, India where I was invited to create one of my unique sculptures dedicated to Aurai, the Greek Goddess of the Wind. Those hills are very windy as they get two severe monsoon seasons a year. I've created similar works in Scotland, Vietnam, Poland and several locations in Australia.

A common belief or thread amongst many of these creative people is that they recognise creativity opens the mind or imagination thereby influencing the aura or spirit. It's like opening a window and letting in bright sunlight and with the light comes even more inspiration, ideas, solutions and opportunities. For example if a person spends much of their time sitting on the couch watching TV or playing computer games, then the opportunities that present themselves to that person are very limited, but if a person actively works on opening his/her mind or imagination then opportunities can become limitless. Reiki is a practice that will also help encourage creativity. It's a creative activity.

When I mention art or creativity I am not solely referring to the visual arts. Creativity paints with a very wide brush and includes any activity that results in something being created using either imagination, skill, wisdom, love and for the benefit of others. Reiki sits very comfortable within this spectrum as does creating a purposeful life and a happy family.

In my life as a Reiki teacher and as an artist still working on stretching my imagination ever-further, I am regularly presented with amazing opportunities. I've travelled throughout Asia, the Pacific, the UK and several European countries mostly either working, writing or involved in art projects and giving Reiki. Life has become so rich and rewarding.

This has all been made possible by simply opening my mind and allowing the light to enter. A side effect of such an opening to the light is that it exposed or laid bare my fears, phobias and prejudices and forced me to confront them head on and deal with them. For example, back home in Australia it's common to hear people say "Australia is the best country in the world" as many, if not most, believe this to be the case; and so did I. Yes, Australia is a wonderful country, but as I travelled to 20 or more countries I discovered that most people in those other countries also believed that theirs was the best country in the world. So who is right? It's the same with religions and some belief systems.

Such fixed attitudes are a result of closed minds lacking imagination. Just think of the troubles in the world today involving divisiveness, nationalism, self-serving politics and religion. Most such problems are a direct result of closed, unimaginative minds making it difficult for the light to enter.

*"Composer, sculptor, painter, poet, prophet, sage—these are the artists of our ideals, the architects of heaven. The world is a better place because they lived." James Allen - As a Man Thinketh*

Conversely, as the imagination opens and the light is able to penetrate, and the aura begins to glow with a different intensity old emotional blockages, fears, resentments, trapped negative energies are exposed. We must be prepared to acknowledge these things then face them head on so that they can be resolved. Rather than think of our country as the best in the world perhaps we would serve humanity better by striving to make our Planet Earth the best that is possible.

Using Reiki to help bring about your personal renaissance or rebirth doesn't require you to take up a brush or the pen, but eventually it will require you to utilise some method or form of mind-stretching pursuits to fulfil your side of the bargain. Allow creative pursuits to be a tool that guides you on your spiritual journey.

Anyone open to learning new techniques that help foster self-awareness will gain enormously from the experience. So we must let go of certain critical thought patterns otherwise they will slow the spiritual and creative process.

Creativity is also subjective, and each of us comes to it with our own projections. Connecting with your personal creative energy is one way that you

can practice self-care and renew your spirit as a healing professional. Creative activities done especially with an attitude of mindfulness, can give you a chance to set aside your stress, immerse yourself in an activity that is both relaxing and challenging, and rediscover the joy of adding something positive to the world.

### About the author

Nowadays Garry Greenwood is retired from full time work and spends much of his time writing and promoting and sharing Reiki whilst travelling the world. He spends many of his days in Asia combined with regular visits to Europe. He has also written two books directed at seniors focusing on travel and is a blogger for Australia's largest senior's online magazines – [startsat60.com](http://startsat60.com) and [travelat60.com](http://travelat60.com). He is also an accomplished artist and sculptor and these past five years he has been invited to create his unique sculptures in several countries which include Australia, Vietnam, India, Poland and Scotland.

He now divides his time between Australia, Europe and high up in the misty mountains of central Bali, Indonesia – his second home.

If you would like to contact Garry Greenwood for a session or more of distant or remote Reiki please contact him via his dedicated Reiki Facebook page;

<https://www.facebook.com/ReikiEmbraceTheMagic>

You are invited to see some of his works of art and learn more about him via his Facebook page:

<https://www.facebook.com/MinisterOfArts>

